



# Healthy Holiday Eating Tips

During the holidays, there are so many tempting foods in so many locations, it seems almost impossible to maintain healthy eating habits. Use these tips to guide you.

- **Go skinless.** When dining on turkey, choose a four-ounce portion (about the size of a deck of cards) without the skin. This helps cut out some fat and cholesterol.
- **Eat slowly.** Plan what to have for a holiday dinner before sitting down. At the table, eat slowly and resist any temptation for a second helping.
- **Do not eat what you do not like.** If you do not like cranberries or Aunt Ethel's famous holiday casserole, do not put it on your plate. Consuming those calories out of obligation unnecessarily increases your total intake.
- **Eat before the party.** Do not go to a party hungry. When people skip breakfast or lunch in order to fill up at a party, they tend to eat faster. This leads to overeating. Make sure to have a healthy meal before party time.
- **Pay attention to portions.** It is possible to treat yourself, but choose smaller portions. Taste items instead of filling up on them.
- **Eat mindfully.** Take the time to taste the food and listen to your body when you have had enough. After eating for a while, food loses some of its taste appeal. If you are not aware of how good something tastes, you have probably gone beyond having enough.
- **Limit high fat.** Avoid fried foods, cheese-covered or filled vegetable dishes, processed meats, cream-based soups, pies and baked goods. Drink a low-fat substitute instead of traditional eggnog.
- **Remember there are calories in drinks.** Limit the intake of alcohol, especially beer, cider and cream drinks. Fill up on water or have drinks with water or diet mixers.
- **Know your triggers.** If it is not possible to have just one piece of something without eating all of it, do not start sampling.

## Here when you need us.

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